

## Prevent falls with Stepping On workshop

Falls are not a natural part of aging. Falls are preventable. With the help of a fall prevention workshop called Stepping On, you can learn how to protect yourself from falling.

Stepping On is a self-confidence building, behavior changing program that aids you in preventing falls. The workshop provides strength and balance exercises in every session, home safety check suggestions, and partners with

health professionals (such as physical therapist, pharmacist, and vision expert) to deliver information on how to prevent falls.

Workshop begins Tuesday, June 9 at 12:30 p.m. at Golden Years Senior Activity Center (726 South 100 East, Bountiful). To sign up for the next 7 week workshop, call Jessica Hardcastle at 801-525-5087. Registration is required to attend.

## Senior activity centers highlights

- Enjoy Golden Year's live music at 10:30 a.m. every Thursday and Friday.
- Luana's Combo Band performs on Thursdays and the Old Time Combo Band plays on Fridays.
- Autumn Glow's Mystery Trip is Monday, June 22. There is a \$7 participation fee. Call 801-544-1235 to sign up.
- Women Rock! Several

North Davis women are discovering the art of lapidary. All three centers' lapidary labs historically have been busy hubs of men cutting, polishing, or engraving precious stones (usually other than diamonds). The North Davis "Women Rock" group is definitely a trendsetter. Join them Tuesdays at 8:30 a.m.

### Summer caregiver educational classes offered

Are you caring for an older adult? Are you feeling stressed or burned out?

Davis County Health Department's Senior Services is offering free monthly caregiver classes this summer. During the second week of each month, these one hour presentations start at noon on Tuesday and are repeated on Thursday. Tuesday presentations will be held at Fairfield Village of Layton (1201 N. Fairfield Road, Layton) and Thursday presentations take place at Golden Years Seniors Activity Center (726 South 100 East, Boun-

tiful). Also, a complimentary lunch will be provided at each class with the RSVP needed that preceding Monday by noon.

For more information or to RSVP for lunch, contact Megan Forbush at (801) 525-5088.

- Class schedule is:
- Tuesday, June 9 & Thursday, June 11: "5 Stages of Grief"
  - Tuesday, July 7 & Thursday, July 9: "Suicide Prevention"
  - Tuesday, Aug. 11 & Thursday, Aug. 13: "Charitable Care"

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	 <h1>June</h1>			<b>4</b> <b>AG</b> – Lifetime Fitness 9 Arts & Crafts 10 <b>GY</b> – Lapidary 8:30 <b>ND</b> – Knit & Crochet 12:30	<b>5</b> <b>AG</b> – Arthritis Exercise 9 Crazy Auction 11:50 <b>GY</b> – Movie 12:45 <b>ND</b> – Bingo 12:30	<b>6</b>
<b>7</b>	<b>8</b> <b>AG</b> – **Eating Out 11:30 Wii Bowling 12:30 <b>GY</b> – Yoga 10-11 Bridge 1-4:45 <b>ND</b> – Texas Hold 'Em 12:15 Bingo 12:30	<b>9</b> <b>AG</b> – **Art 9 Tai Chi Chair 10:30 Fraud 11:15 <b>GY</b> – Zumba 9:30 Tai Chi 10:30 <b>ND</b> – Quilters 10 Blood Pressure 10:30 Pinocle 12:30	<b>10</b> <b>AG</b> – **Water Exercise 9 VA Benefits 11:30 <b>GY</b> – Meditation Class 12:45 Positive Aging 5-7 p.m. <b>ND</b> – **Mystery Trip	<b>11</b> <b>AG</b> – Haslam Law 10 Food Sense 11 <b>GY</b> – Dancing Grannies 8:30 <b>ND</b> – Pinochle 12:30	<b>12</b> <b>AG</b> – **AARP Smart Driving Bingo 10:30 <b>GY</b> – Line Dancing 9:30 Pool 1-5 <b>ND</b> – Ceramics 12:15 Technology Lab 4	<b>13</b>
<b>14</b>	<b>15</b> <b>AG</b> – Lifetime Fitness 9 <b>GY</b> – Sit n Fit 8:30 Bingo 12:30 <b>ND</b> – Texas Hold 'Em 12:15 Bingo 12:30	<b>16</b> <b>AG</b> – Advanced Directives 11:30 <b>GY</b> – Senior Aerobics 8:30 Blood Pressure 10:30 <b>ND</b> – China Painting 9	<b>17</b> <b>AG</b> – Arthritis Exercise 9 Blood Pressure 10:30 <b>GY</b> – Ceramics 9 Line Dancing 10 <b>ND</b> – Art 9 Tai Chi 10:30	<b>18</b> <b>AG</b> – Chi Qong 10 Computer Tech 11:30 **Art 6:30 p.m. <b>GY</b> – Arthritis Exercises 12:30 <b>ND</b> – Porcelain 9	<b>19</b> <b>AG</b> – Lapidary 8:30 Movie/Popcorn 12:30 <b>GY</b> – Stained Glass 9 Tai Chi 9:30 <b>ND</b> – Texas Hold 'Em 12:15	<b>20</b>
<b>21</b>	<b>22</b> <b>AG</b> – **Mystery Trip <b>GY</b> – Arthritis Exercise Class 12:30 Oil Painting 1 <b>ND</b> – Texas Hold 'Em 12:15 Bingo 12:30	<b>23</b> <b>AG</b> – Lifetime Fitness 9 <b>GY</b> – Dancing Grannies 8:30 Woodcarving 9 <b>ND</b> – **AARP Smart Driving Blood Pressure 10:30	<b>24</b> <b>AG</b> – Rocky Mtn Care 11:30 Quilt Spinners 1 <b>GY</b> – Water Color 2-4 <b>ND</b> – VA Benefits 11:30	<b>25</b> <b>AG</b> – Wire Wrapping 8:30 Tai Chi 7 p.m. <b>GY</b> – Luana's Combo Band 10:30 <b>ND</b> – Knit & Crochet 12:30	<b>26</b> <b>**AG, GY &amp; ND June Birthday Party</b> <b>AG</b> – Computer 101 9:30 <b>GY</b> – Water Color 9 <b>ND</b> – Bingo 12:30	<b>27</b>
<b>28</b>	<b>29</b> <b>AG</b> – Trivia of the Day 11:45 <b>GY</b> – Stained Glass 9 Line Dancing 10 <b>ND</b> – Health Tips 11:30	<b>30</b> <b>AG</b> – Lapidary 8:30 Computer Tech 11:30 <b>GY</b> – Lapidary 8:30 Pinocle 1-4:45 <b>ND</b> – Line Dancing 1	<b>July 1</b> <b>AG</b> – Water Color 9:30 Bingo 10:30 <b>GY</b> – Single's Social 11:15 Bridge 1-4:45 <b>ND</b> – Do It Yourself Family History 3	<b>July 2</b> <b>AG</b> – Tai Chi 9:45 Canasta 1 <b>GY</b> – Senior Aerobics 8:30 Shopping 12:30 <b>ND</b> – Porcelain 9 Pinocle 12:30	<b>July 3</b> <b>Centers Closed</b> 	<b>4</b>

**\*\* Call Senior Activity Center to Make Reservation**  
**(Note: Not all activities are listed on this consolidated calendar, activities are subject to change)**

**AG ~ Autumn Glow**  
**(801) 544-1235**  
**81 East Center Street**  
**Kaysville, UT 84037**

**GY ~ Golden Years**  
**(801) 295-3479**  
**726 South 100 East**  
**Bountiful, UT 84010**

**ND ~ North Davis**  
**(801) 525-5080**  
**42 South State Street**  
**Clearfield, UT 84015**

## "This is your brain on art"

Artist Kathy Snow (right) of Snow Fine Arts explains to interested "Brain Fair" attendees how working with different forms of art keeps the mind active. Autumn Glow Senior Activity Center and the Utah Alzheimer's Association hosted several organizations and activities aimed at promoting healthy brain function during a weekday evening in mid-May.

Photo by Bob Ballew, DCHD



## Riley Court Apartments

"Life Is Easier Here"

Independent Senior Community (age 55+)

### FEATURES:

- Elevator
- Great Room
- Secured/Secluded
- Community Garden
- Social Events

### AVAILABLE:

- Studios
- One Bedroom
- Two Bedroom/Two Bath Suites
- Executive Suite



517 S. 100 E., Btfl. • 801-989-1602



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All issues of Senior Scoop are available at  
[www.daviscountyutah.gov/senior\\_scoop](http://www.daviscountyutah.gov/senior_scoop)



## LADIES OF CHARITY

### Annual Fundraiser BBQ

Sunday, June 14th • noon - 2pm

St. Olaf's Mac Center • 1800 S. Orchard Drive, Btfl

- Silent Auction
- Pulled Pork Sandwiches
- Salads - Desserts
- Meat Lovers Raffle: Grand Prize \$250 Gift Certificate from Don's Meats - Centerville (need not to be present to win)

\$25.00 per family or \$7.00 per person

Tickets available at the door

Meat Lovers Raffle Tickets: \$10 ea. • 3 for \$25

For info or Tickets: Contact Bobby Earl, 801-554-4736

All proceeds go to NSL Center of Hope. Helping those in need.

## A Different Approach to Senior Living



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- All Meals are Home Cooked • Daily Housekeeping • Transportation

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801-677-0179